



ARSOUTH FIELDS NEW LOGISTICS SYSTEM

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SMOKE ALARMS, FIRE EXTINGUISHERS

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# Joint Base San Antonio-Lackland selected to host AFIMSC headquarters

Joint Base San Antonio-Lackland was selected as the host base for the Air Force Installation and Mission Support Center Headquarters.

Air Force officials chose the installation after analyzing operational considerations, installation attributes, economic and environmental factors at four candidate locations.

“Following site surveys at the

four candidate locations, we ultimately selected Joint Base San Antonio because almost 50 percent of AFIMSC’s subordinate unit personnel currently reside at the installation,” said Timothy Bridges, Deputy Assistant Secretary of the Air Force for Installations.

“In fact, two of AFIMSC’s primary subordinate units will share the same building with the head-

quarters,” Bridges added. “We believe co-locating AFIMSC with a large percentage of its subordinate staff will allow the Air Force to harness operational synergy as the headquarters matures into full operational capability.”

The Air Force expects the first personnel assigned to AFIMSC will

See AFIMSC, P4

## USNORTHCOM COMMANDER VISITS ARMY NORTH



Lt. Gen. Perry Wiggins (right), welcomes Adm. William Gortney (left), commander, U.S. Northern Command to U.S. Army North Jan. 21. Gortney, who took command of NORTHCOM earlier this month, was here to meet with the Soldiers and civilians who make up NORTHCOM’s land component command. As part of his visit, Gortney met with members of Army North’s senior staff sections and went over his guidance to the command. Wiggins is the commanding general of Army North (Fifth Army) and the senior Army commander of Joint Base San Antonio-Fort Sam Houston and JBSA-Camp Bullis.

Photo by Army Staff Sgt. Corey Baltos

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# Lessons learned in protecting social media accounts

By **Brig. Gen. Kathleen Cook**  
Director of Public Affairs  
Office of the Secretary of  
the Air Force



**Brig. Gen. Kathleen Cook**

On a Saturday afternoon in late November 2014, I was informed about a political remark that appeared on my Director of Public Affairs Twitter feed.

A staff member called to ask if I was aware of the re-tweet.

At the time, I was on leave, out of the state, tending to my daughter who had surgery the day before. I was unaware of the retweet and when told of its substance, I

arranged for a member of my staff to remove the tweet from the feed.

As far as how a tweet was unknowingly

re-tweeted from my organizational account, we do not have a definitive answer. I realize this response may be unfulfilling to some, but it's the truth. That said, as the owner of the account, I accept responsibility for its content.

What is clear is we've learned several lessons about protecting the security of social media accounts.

Granted the lessons aren't new, but it's my hope that by highlighting them just one more time, others might avoid similar incidents.

- If you assume an organizational/positional account from a predecessor, change the password. Also, find out who else has/had access and determine if additional administrators are necessary.

- Make sure your password is difficult and not predictable.

- If others post on your behalf, consider having them include their initials behind their input.

- Never store passwords on a shared drive.

- Always log out and lock

your device before walking away, putting it down, or tossing it in your pocket or purse.

In the end, what I know to be true is that the account belongs to me and I accept responsibility for it. I've applied the lessons above to safeguard both my personal and professional accounts and encourage every Airman reading this to do the same.

*(Editor's note: For more on how to protect your identity and personal information online, turn to pages 18-19.)*



## TxDOT, 502nd ABW partner on travel options study

The Texas Department of Transportation and the 502nd Air Base Wing have partnered on a study of employee commute preferences to better understand regional congestion patterns.

The Active Travel Demand Management Travel Options Study is sponsored by TxDOT to promote travel option programs to employers, employees and other stakeholders along the most congested corridors in the San Antonio area.

The goal is to describe the benefits, both for employers and employees, of alternative scheduling such as telecom-

muting, flex-time, compressed work weeks, and ridesharing options such as carpooling, vanpooling and using public transportation.

The project team will document strategies already in place, and provide recommendations and a framework for the travel options that will work best for employees.

The commuter survey portion of this study is a means of understanding individual commute patterns, such as how long it takes and how individuals go about meeting their travel needs on a daily basis.

As congestion increases in

the San Antonio metro area, the TxDOT and the 502nd ABW are interested in learning about what other options might be of interest.

Input from customers is the foundation of the study and will also let us know how we can better support our employees. The survey is anonymous and only takes a few minutes to provide valuable feedback.

The survey link is <http://tinyurl.com/JBSAcommute>. For more information, call 652-3477 or 652-5307.

*(Source: 502nd Logistics Readiness Squadron)*

## Weingarten rights – having union representation during investigatory interviews

The Labor Relations Statute entitles a bargaining unit employee to representation by the union during an examination, by an agency representative, in connection with a matter under official investigation if that employee reasonably believes disciplinary action will result. If the employee requests union representation, no further questioning will take place until a representative is present. For those stationed at Joint Base San Antonio-Fort Sam Houston, call Charles Brady at 808-0205; at JBSARandolph, call Todd Dallas at 652-4658 and at JBSA-Lackland, call Patricia Chaplin at 671-4528.



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## News Briefs

### Basura Bash 2015

The fifth annual Joint Base San Antonio-Fort Sam Houston Basura Bash will be held from 9 a.m. to noon Feb. 21 at Salado Creek Park, with volunteer check in at 8 a.m. and a safety briefing at 8:45 a.m. The annual cleanup of Salado Creek is held in conjunction with the city-wide cleanup effort for the tributaries of the San Antonio River. Volunteers are encouraged to wear long pants, sturdy shoes, gloves, hat and sunscreen and can bring their own cleanup gear, such as waders, trash-grabbers, nets, etc. Trash bags will be provided. All participants under 18 must have a parent or guardian onsite and drop offs will not be allowed. All participants must also have a military ID or common access card and sign a waiver to participate. Community service vouchers will be available. Volunteers can register online at <http://www.basurabash.org>. For more information, call 388-2067.

### Wounded Warriors, Families, Transitioners Invited To Career Fair

Joint Base San Antonio-Fort Sam Houston hosts the bi-annual Hiring Heroes Career Fair from 9 a.m. to 2 p.m. March 4 at the Sam Houston Community Center. The career fair provides an opportunity for wounded warriors, transitioning service members, spouses and veterans to network, collect information and speak face-to-face with more than 58 Department of Defense, federal, and private sector recruiters/employers about civilian career opportunities. Individuals planning to attend are encouraged to have their resumes reviewed. The career fair is hosted by DOD and the Defense Civilian Personnel Advisory Service (Recruitment Assistance Division) at Alexandria, Va. For more information, call 571-372-2123. For resume assistance, call the Transition Assistance Program office at 221-1213.

### Taylor Burk Clinic Taking Enrollments

The Taylor Burk Clinic located at Joint Base San Antonio-Camp Bullis provides accessible, high quality healthcare to active duty military, their dependents, and other TRICARE Prime beneficiaries. A scope of comprehensive services are provided, including acute illness care, preventive health

See NEWS BRIEFS, P6

# U.S. Army South fields Global Combat Support System-Army to aid logistics

By Sgt. Mahlet Tesfaye  
U.S. Army South Public Affairs

Having the most advanced technology in today's military is the cornerstone of a strong and cohesive armed forces and the U.S. Army works relentlessly to use this technology to better serve Soldiers.

Global Combat Support System-Army is the Army's latest technology being fielded to support logistical operations which U.S. Army South at Joint Base San Antonio-Fort Sam Houston is incorporating to enhance its mission.

"GCSS-Army is commercial, off-the-shelf software the Army bought to replace our current sustainment information systems that we currently have in the logistics field", said Chief Warrant Officer 4 William Wilder, senior supply systems technician and project lead for Wave 2 of GCSS-Army for U.S. Army South.

The Army started fielding GCSS-Army during Wave 1 by replacing the old and unsystematic operating system used by logistics to a modern user friendly single web based system that anyone can use to access and track logistical and financial aspects of tactical sustainment operations.

As of December 2014, GCSS-Army Wave 1 fielding was more than 52 percent complete Army-wide. During Wave 2, the Army plans to complete fielding every unit including Army South.

"GCSS-Army does help out a lot," said Staff Sgt. Demond Drayton, an Army South supply sergeant who has experience working with GCSS-Army system during Wave 1. "It benefits everyone because the Army is migrating and merging the maintenance system, finance and personnel. It helps to organize the whole process."



Photo by Sgt. Mahlet Tesfaye

Spc. Joe Emanuel Clark (left), a U.S. Army South supply clerk, receives and verifies office supplies Jan. 15 from Henry Ford, an Army South warehouse operator at Joint Base San Antonio-Fort Sam Houston. The supplies were ordered and processed through the new Global Combat Support System-Army structure. GCSS-Army is replacing several aging, stove-piped, tactical logistics and financial management systems with a single web-based enterprise resource planning solution that provides tactical commanders with near real-time logistics management information.

According to Wilder, GCSS-Army will replace the Standard Army Retail Supply System Level 1, the Standard Army Maintenance System Enhanced, and Property Book Unit Supply System and combine them all into one system for greater flexibility, increased visibility and standardization.

Army South is preparing for Wave 2 of the GCSS-Army fielding that will start early this year. By the end of 2015, Army South will be using GCSS-Army to process and make logistical decisions for its day-to-day operations.

"GCSS-Army means modernization, integration, and increased command readiness for U.S. Southern Command, Army South and its Soldiers, through near real-time supply, maintenance and financial status," said Monica Knotts, an

ARSOUTH logistics management specialist.

Wilder explained that since the system is Internet dependent, Army South Soldiers will be able to access the system from anywhere in the Army South area of responsibility as long as the unit has the capability to get on the Internet.

GCSS-Army will also establish a fully integrated logistics-financial management environment supporting a comprehensive view of Army readiness enabling information and resource informed sustainment decisions.

"GCSS-Army will give the Army the ability to account for funds and spending and ensure that everyone is prudent with the budget," Wilder said.

"In the old system, you need to utilize two different systems to track orders. But in GCSS-

Army, anyone can see the status of any order in real time as the order is being processed. It gives the receiving unit the opportunity to find out beforehand if there are funds and equipments available," Drayton explained.

Among the many benefits of GCSS-Army for leaders and commanders include making strategic decisions based on timely, accurate and integrated logistics information; verifying operational readiness in near real-time; and managing funds more effectively and efficiently.

Wilder, the Wave 2 project lead of GCSS-Army, is a supporter of the system and advocates the benefits it provides to Soldiers and commanders.

"One benefit of the system is it gives the commander a little more visibility of equipment in making sure his unit is mission ready without having to leave his desk," Wilder said.

The consolidation of the supply, maintenance and finance related data provides increased control over funds, equipment and parts.

"I believe all of the personnel utilizing the system will benefit from the GCSS-Army system, because it offers a one-stop system for logistics, financial and readiness data, in order to provide tactical commanders with near real-time information needed to make timely and effective decisions," said Knotts, the logistics management specialist.

As a supply sergeant who worked on the system, Drayton is very optimistic and eager to see the positive changes GCSS-Army system will bring to the whole Army logistics operation.

"GCSS-Army will change the thought process of how Soldiers and leaders conduct business. It is a step towards bettering the organization," Drayton said.

## PROTECTING THE HOMELAND, PROTECTING WILDLIFE



**Photo by Army Staff Sgt. Corey Baltos**

Sgt. Christina Perkins took a break from work Jan. 21 to feed some of the animals at the U.S. Army North Quadrangle. Animals -- to include deer, geese, ducks and peacocks -- have lived there for nearly 125 years. Army North is the only Army command with a wildlife refuge in its headquarters. Perkins works for executive services. While conducting homeland defense and civil support operations is the primary mission at Army North, its Soldiers and civilians also feed and care for the deer, peacocks, geese, chickens and ducks that call the Quadrangle home.

### AFMISC from P1

begin reporting by summer 2015 with most of the staff expected to be in place by fall of 2016.

The decision culminates a deliberate process that included a review of environmental impacts. During detailed, on-the-ground-site surveys of each candidate base, a site survey team led by Headquarters Air Force Materiel Command evaluated the bases against operational requirements, potential impacts to existing missions, housing, infrastructure and manpower.

The site survey teams also developed cost estimates to bed down the center for each candidate base. The results of the surveys were briefed to the Secretary of the Air Force Deborah Lee James and Air Force Chief of Staff Gen. Mark A. Welsh III, who made



the selection.

"The new AFMISC aligns Air Force-wide installation support authorities, responsibilities and resources under one accountable commander. The consolidation will drive standardized processes, reduce overhead and drive down costs," Bridges said. "It makes good business sense to centralize installation support the way we already centralize other support functions such as science and technology, test and sustainment."

AFMISC, which reports

to AFMC, will consolidate installation management functions currently being performed at every major command and will serve as the single intermediate-level headquarters for the delivery of installation support capabilities.

On Oct. 1, AFMC became the parent organization for several primary subordinate units (formerly field operating agencies) to include the Air Force Security Forces Center, Air Force Civil Engineer Center, Air Force Installation Contracting Agency, Air Force Financial Management Center of Expertise, Air Force Financial Services Center and the Air Force Services Activity. These entities are currently attached to AFMISC (Provisional).

*(Source: Secretary of the Air Force Public Affairs Command Information)*

**6 x 4.75 AD**



## MICC OFFICIALS BREAK GROUND FOR NEW PAVILION



Photo by Daniel P. Elkins

(From left) Command Sgt. Maj. Stephen Bowens, George Cabaniss, Brig. Gen. Jeffrey Gabbert, Col. Dennis McGowan, Daniel de Robles, Daniel Crago and Marie Benavidez break ground for a new outdoor pavilion behind the historic Long Barracks during a ceremony Jan. 21 on Joint Base San Antonio-Fort Sam Houston. The event marked the ceremonial first day of construction for the Mission and Installation Contracting Command project valued at approximately \$84,000. Features of the 20-by-40-foot covered pavilion include electrical power, lighting, picnic tables, grills and a ceiling fan. Completion is anticipated in the spring. Gabbert is the MICC commanding general, Cabaniss is the deputy MICC commanding general, Bowens is the MICC command sergeant major, de Robles is a resident engineer for the U.S. Army Corps of Engineers, while Crago and Benavidez are project managers for Gideon Contracting.

3 x 9.75 AD

## TAX CENTER OPEN FOR BUSINESS

The Joint Base San Antonio-Fort Sam Houston Military Tax Assistance Center is open for business and the staff is ready to help all active duty military members, military retirees and their dependents get their returns filed in a timely manner. Helping at Tuesday's ceremonial opening are (from left) Michael Waldrop, 502 Force Support Group deputy commander; Air Force Staff Sgt. Nick Yankosky, a tax volunteer from the 937th Training Squadron; Sgt. 1st Class Bobby McNeil, MTAC NCO in charge from the 264th Medical Battalion; and Petty Officer 1st Class Freeman Frazier from the Navy Medicine Training Support Center. The MTAC main site is open from 9 a.m. to 5 p.m. Monday through Friday and located at Building 131 on Stanley Road. For appointments at the main tax site, call 295-1040. For appointments at the San Antonio Military Medical Center tax site, call 916-1040.



Photo by Olivia Mendoza

## News Briefs

### Continued from P3

maintenance, health promotion and wellness, education and counseling, and specialty consultation and referral with a 97 percent overall patient satisfaction rate. Hours are 7 a.m. to 4 p.m. Monday-Friday. Call 916-9900 to make an appointment. If you would like to switch your Primary Care Manager, call Humana Military at 800-444-5445.

### New DOD Food Service Charges At Dining Facilities

The following rates apply to dining facilities not using the a la carte pricing system, such as Slagel, Rocco, B5107, B5105, Medical Readiness DFAC and all basic military training facilities: breakfast, \$3.45; lunch, \$5.55 and dinner, \$4.85. In addition, meals ready to eat and flight meals are priced at \$5.55 each. For more information on dining facilities, visit <http://www.jbsa.af.mil/library/dining-facilities.asp>.

### Blast, Gunshot Wound Study at BAMC

People who have sustained a gunshot or blast injury can take part in a Brooke Army Medical Center Department of Orthopaedics and Rehabilitation study investigating the long-term effects of retained metal fragments sustained from combat wounds. Participants must have been injured while deployed by a blast with or without retained metal fragments and it must be more than three months since the injury. Participants must be 18 or older and the study requires one visit, a study questionnaire and a blood draw. Call 916-7879 or 916-9181 for more information.

### BAMC Behavioral Medicine Seeks Qualified Dog Teams

The Department of Behavioral Medicine at Brooke Army Medical Center is looking for dog teams to assist in the department's health care mission. Interested owners must present necessary certification documents from a nationally recognized curriculum program at the time of interview. During the interview, teams must demonstrate the animal's ability to respond to the owner's commands. For more information or to set up an interview, call 916-2069 or 916-2096. Please bring the animal and all necessary documentation to the interview.

# Army leaders stress importance of Army Emergency Relief

Since its founding during World War II, Army Emergency Relief has provided \$1.7 billion in interest-free loans and grants to 3.6 million Soldiers in the active component, the Army National Guard, the Army Reserve and among the ranks of the retired.

AER family assistance provides timely care and support to wounded warriors, surviv-

ing spouses and the families of fallen Soldiers. AER stand ready to assist during these times of duress brought on by emergency travel, unforeseen home and vehicle repairs and other moments of stress.

Wherever our Soldiers work and live, AER is there to lend a helping hand.

History has shown that the readiness of the U.S. Army is

inextricably to taking care of Soldiers and their families. The 2015 AER campaign theme, "Making A Difference" serves as a reminder that Soldiers and family members can place their trust and confidence in AER to provide compassion and care through much-needed financial relief in time of unexpected crisis.

The AER campaign is an

opportunity for mission and garrison command teams to promote greater awareness of AER benefits and to continue the legacy of Soldiers helping other Soldiers.

The personal Direction of Army leaders at all levels to embrace AER makes a clear difference in caring for our most precious resources: our Soldiers and their families.



John McHugh  
Secretary of the U.S. Army



Gen. Raymond T. Odierno  
U.S. Army Chief of Staff



Sgt. Maj. of the Army Raymond F. Chandler III  
Sergeant Major of the U.S. Army

## Tobacco use compromises oral health

By Tech. Sgt. Karen Nelson

59th Dental Group  
Joint Base San Antonio-Lackland

It is common knowledge that tobacco use has significant negative effects on the body.

In fact, it is one of the leading causes of preventable illnesses and death in the United States, and now studies have shown that tobacco use also has an effect on your oral health.

Many people are shocked when they discover the effects of

tobacco use on the oral cavity, said Kelli Arricale, 59th Dental Group registered dental hygienist.

Tar and nicotine found in tobacco not only stain teeth and cause bad breath, but also slow the healing process after a tooth extraction or other surgeries and can lead to periodontal disease, leukoplakia, and oral cancer.

According to the American Academy of Periodontology, tobacco use has been identified as a risk factor in the

development and progression of periodontal disease. Recent studies have also linked tobacco use to approximately 75 percent of periodontal disease among adults.

According to the American Dental Association, some signs of oral cancer are gray, red or white patches in the mouth, tenderness or numbness, and difficulty in chewing and/or speaking. If you notice any of these signs contact your dentist or health care provider as soon as pos-

sible to schedule a full evaluation.

Smokers are also at a higher risk for other oral health problems including tooth decay and gingivitis. Gingivitis is an early stage of periodontal disease in which the gums may feel tender, swollen and bleed easily upon brushing and/or flossing. Leukoplakia is a whitish, thick patch that can be found on the gums, tongue or insides of the cheek and may lead to the development of oral cancer.

Ceasing tobacco use is the only way to reduce your risk of tobacco-related health problems. In addition to negative affects it has on your oral health, tobacco use also increases the risk of high blood pressure, heart disease, stroke and lung cancer.

Quitting tobacco products can be difficult due to the addictive quality of nicotine. It is important and helpful to have a support system

See TOBACCO, P9

# Behavioral health consultants available at Wilford Hall Ambulatory Surgical Center

By Maj. Elizabeth Najera  
59th Medical Operations Squadron

Patients who are seeking assistance for emotional or behavioral issues now have easier access to care at the Wilford Hall Ambulatory Surgical Center at Joint Base San Antonio-Lackland.

Behavioral health consultants located in primary care clinics will serve as the focal point for beneficiaries seeking mental health care.

"The primary care clinics will now be the gateway for the majority of patients seeking mental health care," said Col. John Andrus, 59th Medical Operations Group commander.

Consultants are licensed mental health

providers who work with primary care managers and patients to highlight a more comprehensive view of health incorporating the biological, psychological and social aspects of each person.

Consultants may offer interventions on a number of issues including those related to sleep, weight, chronic pain, depression, anxiety, post-traumatic stress disorder, relationship issues and more.

Consultants are part of the Behavioral Health Optimization Program, also known as BHOP, which began in 2000.

While many active-duty service members, retirees, and dependents currently utilize the service, Air Force Mental Health aims to expand its use,

in hopes to help increase access to care and reduce stigma, said Col. Kevin Blakely, 59th Medical Wing Department of Behavioral Medicine chair.

This view of health has shifted both providers' and patients' views towards mental health care, and has fostered further organizational insight into the need of psychological services for the Air Force population.

During an initial assessment, patients will be interviewed by a BHC in the Family Health Clinic at the WHASC to collaboratively decide on the best course of care. Appointments with the BHC will be specifically tailored to address each patient's behavioral and/or emotional concerns.

Patients requiring higher, specialized level of care may be referred to the Mental Health Clinic or a network provider.

The WHASC Mental Health Clinic will remain the point of contact for acutely suicidal patients, security clearances, and other military-specific mental health evaluations.

"By providing quicker and more efficient access to mental health care we hope to improve continuity of care and maximize opportunities for our diverse population of active-duty, reserve, guard, retiree, and dependents," Andrus said.

To schedule an appointment with a behavioral health consultant, call the BHOP office at 292-1159.

## ARMY SOUTH HONORS MLK WITH BLOOD DRIVE



Photo by Sgt. Mahlet Tesfaye

Spc. Emily Maloney (right) donates blood during a blood drive organized by U.S. Army South as part of the 2015 Martin Luther King Day Observance Jan. 20 at the Army South headquarters on Joint Base San Antonio-Fort Sam Houston. ARSOUTH Soldiers and civilians took a few minutes out of their day to honor King's legacy donating blood in an effort to fill the shelves of local hospitals and save lives in the community.

6 x 4.75 AD



4 x 9.75 AD

# Women in service review rollout due in January 2016

By Amaani Lyle  
DOD News, Defense Media Activity

Following the 2013 repeal of the Direct Ground Combat Definition and Assignment Rule, the secretary of defense is scheduled to announce final decisions to integrate remaining closed occupations and any approved exceptions to policy on or about Jan. 1, 2016.

Juliet Beyler, the Department of Defense director of Officer and Enlisted Personnel Management, reported “good progress” in the Women in Service Review, which validates all occupational standards to ensure they are operational, relevant and gender-neutral by September 2015.

“Throughout the course of the review of the regulations governing women in the military, we determined that the time had come to do away with the

direct ground combat rule and open all positions to women instead,” Beyler said.

The goal, she explained, is to expand opportunities to ensure that all service members are eligible to serve in any capacity based on their abilities and qualifications, and to “remove those old gender-based barriers to service that no longer made sense.”

When Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey and former Defense Secretary Leon E. Panetta removed the direct combat ground rule in 2013, they realized the need for a deliberate and measured approach to ensure the smoothest transition, Beyler said.

The services, she said, have been conducting various studies in order to review, validate and

**See WOMEN, P20**



**Photo by Australian Army Warrant Officer 2 Andrew Hetherington**  
Army 1st Lt. Audrey Griffith points out an area of interest during a force protection drill to Spc. Heidi Gerke along the perimeter of Forward Operating Base Hadrian in Deh Rawud, Afghanistan, March 18, 2013. Both women are members of the 92nd Engineer Battalion from Fort Stewart, Ga.

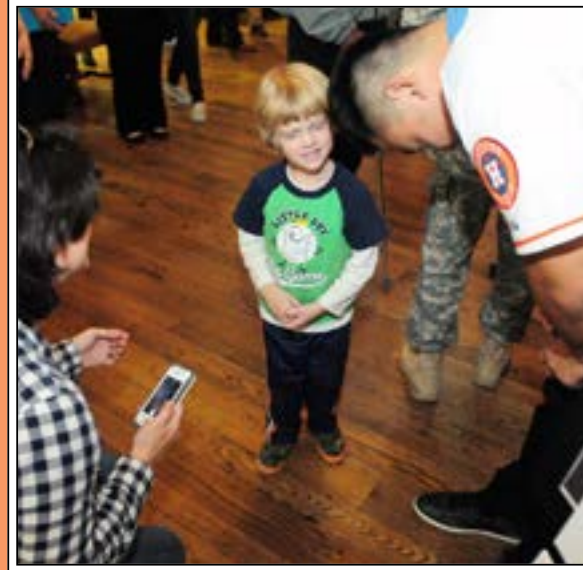


# HOUSTON ASTROS 'SLIDE' INTO WFSC FOR VISIT



**Photos by Sgt. 1st Class Christopher DeHart**

Members of the Houston Astros pose for a group shot with wounded warriors and staff members at the Warrior and Family Support Center at Joint Base San Antonio-Fort Sam Houston as they concluded their Jan. 21 visit. The team made stops across Texas to see their fans as part of the Astros Winter Caravan.



Houston Astros catcher Hank Conger (right) signs a baseball for 4-year-old fan Dalton Parker while his mom, Trish Parker, looks on during the Astros' visit Jan. 21 to the Warrior and Family Support Center at Joint Base San Antonio-Fort Sam Houston.



Conger poses for a photo with Sgt. 1st Class Jessica Perez-Dixon (right), a fan he ran into last year at a game, during the Astros' visit Jan. 21 to the Warrior and Family Support Center. Perez-Dixon is a Reservist who works in the personnel section of the Warrior Transition Battalion for Brooke Army Medical Center at Joint Base San Antonio-Fort Sam Houston.

## TOBACCO from P6

such as family and friends to help you beat the addiction.

No matter how you choose to quit, make today the day you choose to live a healthier tobacco-free life for yourself and your loved ones.

Smoking cessation classes for active-duty service members are available through the Clinical Health Psychol-



**Graphic courtesy  
American Cancer Society**

ogy department located at the Wilford Hall Ambulatory Surgical Center on Joint Base San Antonio-Lackland. Call 292-5968 for more details.

For more information on the effects of tobacco use, as well as helpful tips for quitting, visit the following sites: the American Cancer Society at <http://www.cancer.org>, the American Dental Association at <http://www.mouthhealthy.org/en/az-topics/s/smoking-and-tobacco>, the American Lung Association Quit Line at <http://www.lung.org> or call 877-695-7848.

**3 x 2.35 AD**

**3 x 4.75 AD**

# Smoke alarms and fire extinguishers make for the perfect combination

By Ricardo S. Campos  
Joint Base San Antonio  
Fire Emergency Services  
Fire Prevention Office

A common feature in American homes that's taken for granted is the smoke detector. Telephone surveys, conducted for National Fire Prevention Association by Harris and a Consumer Product Safety Commission's found that 97 percent of the households surveyed reported having at least one smoke alarm. Based on these surveys, that means almost five million households do not have any smoke alarms at all.

About 3,500 people in the United States die each year in fires and another 18,300 are injured, according to the Federal Emergency Management Agency. If they had learned what to do if there was a fire, many of them might be alive today. Working smoke alarms in the home are vital.

If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. Having a working smoke alarm cuts the chances of dying in a reported fire in half. Three of every five home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms, according to the NFPA.

Follow these tips:

- Choose a smoke alarm that bears the label of a recognized testing laboratory.
- Install smoke alarms in every sleeping room, outside each separate sleeping area and on every level of your home, including the basement.
- Interconnect all smoke alarms throughout the home so that when one sounds, they all sound. Make sure you can hear the sound of the smoke alarm.

- Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they are 10 years old or sooner if they do not respond properly when tested.

- Test your smoke alarms at least every month using the test button.

- Smoke alarms with non-replaceable long-life batteries are designed to remain effective for up to 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm. For smoke alarms with any other type of battery, replace batteries at least once a year. If that smoke alarm chirps, replace

only the battery.

- An ionization smoke alarm is generally more responsive to flaming fires, while a photoelectric smoke alarm is generally more responsive to smoldering fires. For the best protection, or where extra time is needed to awaken or assist others, both types of alarms, or combination ionization and photoelectric alarms, are recommended.

Another effective method in curbing the loss of property is the usage of fire extinguishers. The time to purchase a fire extinguisher or learn to use one is not after a fire starts.

However, a majority of adults have not had fire extin-

guisher training and may not know how and when to use one. Using a fire extinguisher correctly can be a life-and property-saving tool.

Different types of fires require different types of extinguishers. For example, a grease fire and an electrical fire require different extinguishing agents to be effective. There are five different types of extinguishing agents. Most fire extinguishers display symbols to show the kind of fire on which they are to be used.

- Class A extinguishers put out fires in ordinary combustible materials such as cloth, wood, rubber, paper and many plastics.



- Class B extinguishers are used on fires involving flammable liquids, such as grease, gasoline, oil and oil-based paints.

- Class C extinguishers are suitable for use on fires involving appliances, tools or other equipment that is electrically energized or plugged in.

- There are also multi-purpose fire extinguishers such as those labeled "B-C" or "A-B-C" that can be used on two or more of the above types of fires.

Portable fire extinguishers are valuable for immediate use on small fires. For ex-





# Joint Base San Antonio FORCE SUPPORT SQUADRON

## Monthly Events

February

### Arts and Crafts

#### Professional framing available

Need artwork, memorabilia or photographs framed? The JBSA-Lackland Frame Shop professionals are available to assist patrons in making the best selection to frame personal items. For more information, call 652-5142.

The JBSA-Randolph Frame Shop has experts ready to help select a custom frame for any special occasion such as sports awards, special achievements, graduations, artwork or memorable photographs. In addition, the shop matches off-base prices on comparable custom framing jobs and there is no sales tax. For more information, call 652-5142.

### Auto Hobby Shop

#### Texas vehicle safety inspections are important

The JBSA-Lackland Auto Hobby Shop performs Texas vehicle safety inspections for \$14.50, pass or fail. For more information, call 671-3549.

### Bowling

#### Bowlers participate in sweetheart tournament

Celebrate Valentine's Day at JBSA-Randolph Bowling Center's Sweetheart Mixed Doubles Tournament Feb. 8, 12:30 p.m. Team composition is one male and one female. Participants must sign up in advance at the bowling center. The price is \$30 per couple and doors open at noon. For more information, call 652-6271.

#### Patrons enjoy February bowling specials

Let the JBSA-Fort Sam Houston Bowling Center make Valentine's Day a little sweeter. The first 50 ladies receive a free candy bar with the purchase of a bowling game Feb. 14. For more information, call 221-3683.

Couples are invited to the JBSA-Lackland Skylark Bowling Center Feb. 14, 6-9 p.m., for a Valentine's Day 9-pin no tap colorama event. The cost is \$10 per couple for three games of bowling and a chance to win cash prizes. For more information, call 671-1234.

Celebrate Presidents' Day weekend at the JBSA-Randolph Bowling Center Feb. 14-16 during normal hours. The special bowling rate is \$2.50 per game, per person, with \$2.50 shoe rental (excluding cosmic bowling). For more information, call 652-6271.

#### Patrons delight in \$1 bowling games

The JBSA-Fort Sam Houston Bowling Center offers \$1 games and shoe rentals Tuesday through Friday, 11 a.m. to 2 p.m. For more information, call 221-3683.

#### Partake in February's combo meal bowling special

Bowl for free any Tuesday or Wednesday, 11 a.m. to 2 p.m., in February with the purchase of a combo meal at

JBSA-Lackland Bowling Center's Susie's Kitchen. Shoe rental is not included. For more information, call 671-1234.

#### Undiscovered vocalists sing karaoke

JBSA-Lackland Skylark Bowling Center patrons are invited to sing favorite karaoke songs every Thursday, 6-10 p.m., in February in Primo's Lounge while enjoying bowling and beverages. Music is provided by OMG Sounds. For more information, call 671-1234.

#### Bowling makes Saturday night special

Make the JBSA-Lackland Skylark Bowling Center the destination on Saturday nights, 7-11 p.m., in February and rent a lane for \$20 for up to seven people per lane. Rock to favorite tunes and enjoy the state-of-the-art cosmic light show. For more information, call 671-1234.

#### Bowlers enjoy free bowling

Purchase \$7 or more at the snack bar, then show the receipt at the front counter and receive two free games and shoes Wednesdays and Thursdays, 4 p.m. to close, at the JBSA-Fort Sam Houston Bowling Center. For more information, call 221-4740 or 221-3683.

### Community Programs

#### Patrons spring-clean and find deals

Come out for JBSA-Fort Sam Houston's Flea Market at MacArthur Parade Field parking lot Feb. 7, 8 a.m. to noon, to clear your space of unnecessary items or find items you can't live without. The Outdoor Equipment Center has tables and chairs for rent starting at 7:30 a.m. The cost is \$5 for tables and 50 cents each for chairs. For more information, call 221-5224.

For bargain prices, head to JBSA-Randolph's Outdoor Recreation Center's Flea Market Feb. 21, 8 a.m. to 1 p.m., at the JBSA-Randolph Child Development Program parking lot. Sellers can visit the Community Services Mall to rent a space for \$15. The price includes one six-foot long table. The selling of firearms, animals, arts and crafts or food is not permissible. For more information, call 652-5142.

#### Theater lovers take in play

JBSA-Lackland Arnold Hall Community Center presents "Who's Trippin', It's the 90's," a comedy with music from the '80s and '90s Feb. 13, 14, 20 and 21. Doors open at 6:30 p.m. with free hors d'oeuvres and a cash bar. Curtain goes up at 7 p.m. Ticket prices for Feb. 13-14 are \$25 for adults, \$20 for seniors (65+) and \$10 for technical students and children 12 and younger. Save \$5 by purchasing Valentine's show tickets before Feb. 3. Prices for the Feb. 20-21 show dates are \$20 for adults, \$15 for seniors (65+), \$10 for tech school students and \$5 children 12 and younger. Get \$3 off the ticket price by purchasing tickets before Feb. 3. For tickets and more information, call 671-2619.

#### Let it snow, let it snow, let it snow

Joint Base San Antonio turns the Lackland Amphitheater into a snowy downhill slope for Snow Fest Feb. 20, 4:30-7:30 p.m. The free event includes two snow slides, a climbing mountain, an interactive obstacle course, a large snow play area and a bouncy house. Food and beverages are available for purchase. For more information, call 221-1718.

#### Solve a comedic mystery at the Harlequin

JBSA-Fort Sam Houston's Harlequin Dinner Theatre presents "The Murder Room" through Feb. 28. The fast-paced comic delight has a kooky plot that's full of ups and downs, mistaken identities, hysterical characters, fast paced action and witty, clever dialogue. This show is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 222-9694.

### Clubs

#### Attend the best big game parties in Texas

JBSA-Randolph's Kendrick Club hosts the Big Game Party Feb. 1 with a tailgate party at 11 a.m., dinner specials offered throughout the day, complimentary chili and nachos in the lobby at half time and prizes from during the pregame. For more information, call 652-3056.

Watch the big game at the JBSA-Lackland Gateway Club. Both lounges open at 3 p.m. with large screens to catch every play. The club has complimentary food while it lasts and the bar menu is also available to order from. For more information, call 645-7034.

#### Party like it's a birthday celebration

JBSA-Randolph's Kendrick Club helps members celebrate birthdays Feb. 10 with a complimentary bingo machine for each birthday member, cake and lots of fun. Randolph club members only; ID and club card is required. For more information, call 652-3056.

#### Take a friend, co-worker or boss to lunch

Enjoy the pre-Valentine's Day buffet at JBSA-Lackland's Gateway Club food court Feb. 12, 11 a.m. to 3 p.m. Menu items include roast beef au jus, chicken breast with mushroom sauce, fried chicken, pork chops, baked tilapia, sides, desserts and beverages. This buffet costs \$9.95 per person. For more information, call 645-7034.

#### Cupid makes bingo extra lucky

Join in a special Valentine's bingo at the JBSA-Randolph Kendrick Club Feb. 12. Wheel of Fortune will double whatever prize is landed on. For more information, call 652-3056.



# JBSA FSS

## Lovers enjoy dinner and dance

JBSA-Lackland Gateway Club treats sweethearts to a romantic evening of dinner and dancing featuring The Show Band Feb. 13, 6-9 p.m. Enjoy a fine dining experience featuring a spring-blend salad, beef tenderloin, chicken Bordeaux, potatoes, asparagus, baked rolls, cheesecake and champagne. The cost is \$30 for single members, \$55 for member couples, \$35 for single nonmembers and \$65 for nonmember couples. For reservations, call 645-7034.

## The Gateway Club expresses appreciation

The JBSA-Lackland Gateway Club honors members with a buffet dinner in the Fiesta Ballroom, Feb. 24, 8-5 p.m., with entertainment by Doggin' Dave Productions. The cost is \$10.50 for members and \$12.50 for nonmembers. For more information, call 645-7034.

## The Parr Club hosts Latin night

Enjoy hors d'oeuvres and drink specials while listening to salsa, merengue and Tejano music at Latin Night at the JBSA-Randolph Parr Club Feb. 27, 5:30 p.m. to midnight. A cash bar is available throughout the evening. The cost is \$12 for club members and \$16 for nonmembers. To make reservations, call 658-7445.

## Fitness

### Get your heart racing on Valentine's Day

Run with a sweetheart in the JBSA-Fort Sam Houston Jimmy Brought Fitness Center's Valentine's Day 5K run/walk Feb. 14, 7 a.m. This event is free and open to all Department of Defense ID cardholders. Patrons may register the day of the event. For more information, call 221-1234 or 808-5708.

JBSA-Randolph's Rambler Fitness Center hosts a Valentine's Day Run/Bike/Run at Eberle Park Feb. 14, 8 a.m. Push the limits by running a 5K, biking 10 miles and then running 1.5 miles more. For more information, call 652-7263.

### It weighs more than a ton

Join the 150-ton Club by lifting 150 tons of weight on any free weight or plate loaded machine in one day at the JBSA-Randolph Rambler Fitness Center. Stop by the front desk to pick up a log book to track daily progress. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement or sponsor intended. For more information, call 652-7263.

### Athletes sign up for team triathlon

JBSA-Lackland Gillum Fitness Center hosts a three-event, six-person team triathlon Feb. 20, 3 p.m. The first event is a 2-mile, spin-bike ride; the second event is an obstacle course and the third event is a 1-mile run. Sign up no later than noon Feb. 19 at the JBSA-Lackland Gillum Fitness Center. This is a free event for all Department of Defense ID cardholders ages 18 and older. For more information, call 977-2353.

### Teams register for spring softball

The JBSA-Fort Sam Houston Medical Education and Training Campus Student Intramural Sports Office is accepting letters of intent from teams interested in the spring coed softball league. Team entry requires a letter of intent from the unit or organization signed by the sports

**Valentine's Paintball Special**  
February 14 9 a.m.-5 p.m.

**\$36 per couple**  
package includes 2 markers, 1000 paintballs, all-day play and a box of candy

**\$20 per person**  
package includes equipment rental, 500 paintballs and all-day play

JBSA LACKLAND GOLF FSS  
Lackland  
Lackland Outdoor Recreation Center  
Bldg. 87E-300 Westover St.  
Bldg. 87E-300 Westover St.  
Bldg. 87E-300 Westover St.  
Weekends only 825-2398

THE FORCE  
www.militaryfitness.com

advisory representative and must be received by Feb. 23. Units may have more than one team and no player roster is required. League play begins March 3. The league is open to all students on the METC and there are no fees or charges to students. For more information, call 808-5707 or 808-5709.

### Stay fit and have fun with Zumba®

Join the JBSA-Fort Sam Houston Jimmy Brought Fitness Center Feb. 28, 9:30 a.m., for a Zumba® fitness party with a contagious blend of Latin and international music and enthusiastic instructors. For more information, call 221-1234.

### Shape up with free workout classes

The JBSA-Lackland Gillum Fitness Center offers high-energy cardio programs guaranteed to get gym enthusiasts in great shape. The total body toning classes Monday, Wednesday and Friday, 11:30 a.m. to 12:30 p.m., target strength and cardiovascular fitness. The stand-up fighter workout Tuesday and Thursday offers a combination of mixed martial arts, basic boxing, Muay Thai and ground defense boxing techniques focusing on cardiovascular aerobics and stress relief. These classes are free. For more information, call 977-2353 or 977-2354.

## Golf

### Play before the big game

JBSA-Lackland Gateway Hills Golf Course hosts the Big Game Tournament Feb. 1 with an 8 a.m. shotgun start for \$30 per person plus cart and green fee. Entry fee includes prizes, food and beverages. For more information, call 671-2517.

JBSA-Randolph Oaks Golf Course hosts a Big Game Shamble Feb. 1 with an 8 a.m. shotgun start. The format is a two-person shamble. Gift certificates for pro shop merchandise will be awarded to the top teams, low net and low gross. The entry fee is \$10 per person plus green fees and cart rental. To sign up, call 652-4653.

### Warrior teams compete for prizes

Golfers are invited to play in the monthly Warrior Four-person Scramble Feb. 6, 12:30 p.m., at the JBSA-Fort Sam Houston Golf Club. The cost is \$25 for members or \$35 for nonmembers, which includes 18 holes of golf, green fees, golf cart fees and dinner. Gift certificates are awarded for the winners of the longest drive and closest to the pin, and for first-second and third-place winners of the scramble. For more information, call 222-9386.

### Couples get a head start on Valentine's Day activities

Couples are invited to the JBSA-Fort Sam Houston Golf Club Valentine's Couples Nite-Ball Golf Tournament Feb. 13 with a 4:30 p.m. shotgun start. Sign up as a team or as individuals for the two-person team scramble. The cost is \$25 for members or \$35 for nonmembers and includes green fees, shared cart, prizes and dinner. For more information, call 222-9386.

### Sweethearts enjoy golf tournament

The JBSA-Lackland Gateway Hills Golf Course hosts a Couples' Valentine's Day Tournament Feb. 14 with tee times beginning at 8 a.m. The cost is \$40 per couple plus cart and green fee. The total payment and sign up is Feb. 11. Entry fee includes a rose for the ladies, prizes, food and beverages. For more information, call 671-2517.

JBSA-Fort Sam Houston

**POLAR BEAR AQUATHON**

Feb. 28  
8 p.m.

**3 mile run & 300 meter swim**  
Aquatic Center • Building 3300

Registration fee is \$20 on the day of the event. For more information, please call 221-3593.



### Golfers compete in a holiday tournament

Join the JBSA-Randolph Oaks Golf Course Feb. 16 for a Presidents Day individual low-net, low-gross tournament. The tee times are 7-9 a.m. The entry fee is \$10 per person plus green fees and cart rental. To sign up, call 652-4653.

### Information, Tickets and Travel

#### Get ready for a look into the past

It is time to step into the Renaissance era at the Sherwood Forest Faire weekends Feb. 7 through March 29. Enjoy music, games, entertainment, shows and crafts from days gone by. Discount tickets are available at the JBSA-Lackland Information Tickets and Travel office. For more information, call 671-3059.

#### Take a gamble and get away

Sign up early for the JBSA-Lackland Information, Tickets and Travel Choctaw Casino getaway Feb. 15 and 16 for \$87 per person, double-occupancy or \$127, single-occupancy. The trip includes transportation to the Choctaw Casino Resort in Grant, Okla., one night accommodations at the Casino Hotel, room tax, free play, the buffet and snacks, water and soft drinks aboard the bus. Participants must be 18 years old to gamble in Oklahoma. For more information, call 671-3059.

#### Bon voyage

Jump on board with JBSA-Lackland Information Tickets and Travel for world-wide travel throughout the spring and summer. Most trips require a non-refundable land only deposit per person and a \$10 service fee at the time of booking. If airfare is purchased via Trafalgar, a \$300 nonrefundable air deposit is also required at the time of booking. Additional discounts may be available.

Travel to Ireland May 2-10, visiting Dublin, Donegal, Limerick, Tralee and Blarney. Rates start at \$2,200 per person including airfare. Final payment is due March 16.

Enjoy an all inclusive Memorial Day holiday getaway May 21-25 traveling from San Antonio to Guanacaste Beach Resort Area, via Liberia Airport, Costa Rica. This package includes round-trip airfare, transfers, all inclusive hotel accommodations and travel protection. A \$400 deposit and \$10 service fee is due at booking. The final payment is due April 3.

Travel to Barcelona, Valencia, Granada, Costa Del Sol, Seville, Lisbon and Salamanca June 26 through July 9 with rates starting at \$3,500 per person including airfare. Additional discounts are available. Final payment is due April 17.

Delight in a seven-day eastern Caribbean cruise July 25 through Aug. 1 with Carnival. Enjoy Miami, Fla., Half-Moon Cay, Bahamas, St. Thomas, Virgin Islands, San Juan, Puerto Rico and Grand Turk Island. Rates start at \$930 per person. Final payment is due May 4.

Take a tour Aug. 6-16 to Munich, Prague, Budapest, Vienna and Salzburg. Rates start at \$3,500 per person and includes airfare. Final payment is due May 29.

Cruise with Carnival on a five-day Western Caribbean adventure Aug. 15-20. Travel from Galveston, Texas to



## VALENTINE'S

### *Dinner & Dance*

## FEBRUARY 14

There is no better place to celebrate with your "special" person than the Parr Club.

Cocktails • 6 p.m.  
Dinner buffet • 6:30 p.m.  
Dessert bar • 9 p.m.

Entertainment by the  
Texas Chili Peppers

\$100 member couples  
\$120 nonmember couples  
Includes a complimentary  
brunch in February. Dinner  
without brunch price  
available.

Reservations by Feb. 11  
Parr Club • 652-4864.

Progreso and Cozumel. Rates start at \$553 per person. The \$250 deposit and \$10 service fee is due March 6. Final payment is due June 12.

For more information about these trips and more, call 671-3059.

#### Sports fans save on Spurs tickets

Save on tickets and pay no TicketMaster fees for Spurs games at any JBSA-Information, Tickets and Travel office. Drop by to get the tickets without the fees or go to <http://www.spurs.com/lacklanditt> and use the promo code LACKLAND; <http://www.spurs.com/fortsamhoustonitt> and use the promo code FORTSAM or <http://www.spurs.com/randolphitt> and use the promo code RANDOLPH. For more information, call JBSA-Fort Sam Houston at 808-1378, JBSA-Lackland at 671-3059 and JBSA-Randolph at 652-5142, option 1.

#### Animals are always a treat to see

JBSA-Information, Tickets and Travel offices have discounted San Antonio Zoo tickets available for \$8.50 for adults and \$6 for children, ages 3-11. Ticket prices are a great savings compared to \$12 and \$9 at the gate. The zoo is open 365 days a year. For more information, call JBSA-Fort Sam Houston at 808-1378, JBSA-Lackland at 671-3059 and JBSA-Randolph at 652-5142, option 1.

#### Amusements are thrilling in Seguin

Take a short drive to Seguin to experience ZDT's Amusement Park with unlimited fun year-round. The park offers large exciting thrill rides, go-karts, roller coaster simulator, silo climb, bungee trampoline, rock climbing wall and video games. Children, ages 2 and younger,

are free to play in the Toddler Zone and Jungle Play land. JBSA-Information, Tickets and Travel offices have "Extreme Wristbands" for everyone age 3 and older for \$21. For more information, call JBSA-Fort Sam Houston at 808-1378, JBSA-Lackland at 671-3059 and JBSA-Randolph at 652-5142, option 1.

### Library

#### A Valentine exchange during a special story time

The JBSA-Lackland Library hosts Valentine's Day story time Feb. 10, 10 a.m. Children, up to age 5, make and exchange Valentine cards as well as bags to put them in. Cookies and juice are also provided. For more information, call 671-2678.

#### Enjoy February's romantic and historic sides

Enjoy heartwarming romance novels by browsing JBSA-Lackland Library's unique display in honor of Valentine's Day. Additionally, the library honors African American history month with a display featuring African Americans who served in the military. For more information, call 671-2678.

#### Story time is a hit with preschoolers

Preschoolers love stories, crafts and songs as part of the story time at the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library Feb. 5, 12, 19 and 26, 10 a.m. For more information, call 221-4702.

#### Learning a new language is easy

For an innovative way to learn a different language, drop by the JBSA-Fort Sam Houston Keith A. Campbell Memorial Library and check out "Mango Languages" with more than 60 foreign languages and 17 English courses available. These online courses offer flexibility and mobility along with free mobile applications. Come by the library for assistance or log on to <http://www.jbsalibraries.com> and click on the eResources/research tab to begin. For more information, call 221-4702.

### Military and Family Readiness Center

#### Military spouse learn helpful information

The JBSA-Fort Sam Houston Military & Family Readiness Center holds a Military Spouse Information Fair Feb. 12, 9 a.m. to noon, at the M&FRC. This free information fair is for newly arrived spouses and family members to meet with support agencies from Joint Base San Antonio. For more information, call 221-1372.

#### Single parents are not alone

Single parents are encouraged to bring a lunch and attend the monthly Single Parents Support Group at the JBSA-Randolph Military & Family Readiness Center Feb. 19, noon to 1 p.m., and discuss "Effective Communication in Conflict Resolution." For more information, call 652-5321.

### Outdoor Recreation

#### Register to test your aim

The JBSA-Camp Bullis Rod and Gun Club hosts a 3-D archery competition Feb. 21-22, 8 a.m. to 1 p.m. Registration is 8-10 a.m. and the course must be completed



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# JBSA FSS

by 1 p.m. The fee for the competition shoot is \$20. The fun shoot cost is \$15 for adults and \$5 for kids ages 12 and younger. For more information, call 295-7529 or 295-7577.

## Enjoy half price boat rentals

Fishing, pontoon, bass and ski boats in various sizes are available at JBSA-Lackland's Outdoor Recreation for half price during February. For more information, call 925-5532. Rent any boat at the JBSA Recreation Park at Canyon Lake for half price during February. The price includes all required safety equipment but does not include fuel. For more information, call 830-964-3576.

## Long-term RV and boat storage is convenient

JBSA-Lackland's Outdoor Recreation has 20-foot, 30-foot and 40-foot long-term storage lots available to rent. The lots, perfect for storing recreational vehicles and boats, cost \$300 per year, \$100 per quarter or \$40 a month. All Department of Defense ID cardholders may rent these lots but active duty members have priority. For more information, call 925-5532.

## Save money while having fun at lake

Check out the JBSA-Recreation Park at Canyon Lake during non-peak times and enjoy the tranquility of the lake, the soothing sounds of birds singing throughout the park, fish and tour the lake. Patrons can rent any lodging unit and stay three nights for the price of two during February. For more information, call 830-964-3576.

## Student Activity Center

### Football fans party and cheer

Head to the JBSA-Fort Sam Houston Medical Education and Training Campus Student Activity Center Feb. 1, 4 p.m., for a Big Game Party. Enjoy games, door prizes, popcorn, cotton candy and food specials. This event is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 466-5049.

### DJ night gets students on the dance floor

All JBSA-Fort Sam Houston Medical Education Training Campus students are invited to enjoy the latest and greatest sounds of today's music, featuring a live DJ Feb. 6 and 20, 6:30-10 p.m. The Student Activity Center's Club Zero has a large dance floor and comfortable sitting areas. This is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information, call 466-5049.

## Youth and Children

### Youth register for spring sports

Register children for spring sports at JBSA-Fort Sam Houston Youth Sports or at Parent Central Feb. 2 through March 14. Activities include First Step Coed T-ball Parent and Child Program, ages 3-4, for \$45; Coed T-ball, ages 5-6, for \$55; coed coach-pitch softball, ages 7-8, for \$55; girls fast pitch softball, ages 9-12, for \$55; boys baseball, ages 9-14, for \$55. For more information, call 221-3502 or 221-4871. Register at JBSA-Lackland Youth Programs, Feb. 2-6

for First Steps spring soccer for children, ages 3-5. The cost is \$35 per child for this six-week program. First Steps is a developmental, noncompetitive program that teaches the basic fundamentals of soccer in harmony with gross motor movements. For more information, call 671-2388.

Register at JBSA-Randolph's Youth Programs for spring sports Feb. 2-27. Each sport costs \$50. Activities include coed t-ball for ages 5-6, coach pitch for ages 7-8, and softball or baseball for ages 9-18. For more information, call 652-3298 or 652-2088.

All youth must have a current annual physical, immunizations and sports registration form on file. Volunteer coaches are needed. Youth Sports is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended.

### Celebrate Valentine's Day with a dance

All pre-teens are invited to celebrate Valentine's Day early and dance the night away with friends at JBSA-Randolph Youth Programs Feb. 6, 6-9 p.m. The cost is \$3 for members and \$5 for nonmembers. For more information, call 652-3298.

### Spring Break Camp helps children stay active

Register for JBSA-Fort Sam Houston Youth Programs' Spring Break Camp Feb. 9 through March 4 at each youth program or at Parent Central. For more information, call 221-4466 or 221-5151.

Enroll children in the Spring Break Day Camp at JBSA-Lackland's Youth Programs. The camps are for ages 5 (in kindergarten) to 12. Pre-registration is required. Registration for the March 9-13 camp is due Feb. 23. Registrations received after the due dates are subjected to a \$15 late fee. For more information, call 671-2388.

### Youth Programs hosts a Mardi Gras masquerade dance

Dress to impress in festive gold, purple, and green for the JBSA-Lackland Youth Programs masquerade dance for youth ages 13-18, Feb. 13, 7-10 p.m. The cost is \$3 for members or \$5 for nonmembers. For more information, call 671-2388.

### Let's rodeo

JBSA-Fort Sam Houston Youth Programs invites youth to go to the San Antonio Stock Show and Rodeo Feb. 14, 8 a.m. to 5 p.m., to join the Youth 4-H Club in demonstrating craft projects and to participate in the "Wagon and Wheelbarrow Parade." The bus departs Youth Programs at 8 a.m. Sign up no later than Feb. 11. For more information, call 221-3502.

### Characters dance the night away

Attention all superheroes and supervillains, grab a friend and join the excitement at JBSA-Lackland Youth Programs for a Comic-Con dance Feb. 20, 7-9 p.m. The cost is \$3 for members and \$5 for nonmembers, ages 9-12. For more information, call 671-2388.

### Parents get a break

JBSA-Lackland and JBSA-Randolph Youth Programs staff understand parents could use some time alone, away

from work and away from the kids. The Give Parents a Break/Parents' Night Out program does just that.

JBSA-Randolph's program, Feb. 20, 6-10 p.m., is \$25 per child or free with a GPAB waiver and takes place at the Child Development Center Annex, for children 2 years and younger, and at Youth Programs, for children 3 years and older. Registration is Feb. 1-18. For more information, call 652-3298.

JBSA-Lackland's program, Feb. 21, 1-5 p.m., is \$25 per child or free with a GPAB referral and is for children ages 5 (in kindergarten) to 12. Late pickup is subject to an additional \$5 fee for the first five minutes and \$3 for every minute after that. For more information, call 671-2388.

### Basketball stars play the night away

Youth in grades 6-12 are invited to JBSA-Fort Sam Houston Youth Midnight Basketball Feb. 21, 7 p.m. to midnight, in building 1620 to play in a round-robin format basketball tournament. For more information, call 221-3502.

### Partake in a new program for infants and preschoolers

JBSA-Lackland Youth Programs offer Kinderjam Wednesdays, 10 a.m., for infants and preschoolers ages 1-5 (must be walking). The class combines music, movement, instruction and fun for \$35 per month, per child. For more information, call 671-2388.

### Children excel in after-school club care

Sign children up for drop-in care featuring after-school clubs to entertain and provide a rewarding learning experience. The JBSA-Lackland Youth Programs after-school clubs include drama, art, photography, power hour, gardening, cooking, sewing, robotics and Lego Club. The cost is \$16 per day, per child for ages 5 (in kindergarten) to 12. All required paperwork must be on file in order to participate in drop-in care activities. For more information, call 671-2388.

### Youth Programs values customers' opinions

JBSA-Youth Programs is looking for feedback on programs and customer service within the facilities. Provide constructive feedback by completing a short, five-minute survey at <https://www.surveymonkey.com/s/2014YouthProgramsSurvey>. For more information, call JBSA-Fort Sam Houston at 221-3502; JBSA-Lackland at 671-2388 or JBSA-Randolph at 652-3298.

## STAY CONNECTED

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

<http://www.myjbsa-fss-mwr.com>





# Smoke Alarms



## ALARMS from P10

ample, when a pan initially catches fire, it may be safe to turn off the burner, place a lid on the pan and use an extinguisher.

But if the fire has spread beyond the pan into other areas of the stove, kitchen or house, only trained firefighters can safely extinguish the blaze.

Some people have physical limitations that might diminish or eliminate their abilities to properly use a fire extinguisher. People with disabilities, older adults or children may find that an extinguisher is too heavy or too difficult to exert the pressure in order to operate it.

Sound decision making, training and maintenance are required to safely control a fire with an extinguisher. The U.S. Fire Administration recommends that only those trained in the proper use and maintenance of fire extinguishers consider using them.

To learn more about smoke alarms and fire extinguishers visit the National Fire Protection Association's website at <http://www.nfpa.org/education> or contact one of the Joint Base San Antonio fire prevention offices. At JB-SA-Fort Sam Houston, call 221-2727; for JB-SA-Lackland, call 671-2921 and at JB-SA-Randolph, call 652-6915.



# Portable fire extinguishers can save lives, property

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations.

Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.

Safety tips for portable fire extinguishers:

Use a portable fire ex-

tinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.

To operate a fire extinguisher, remember the word PASS:

- Pull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.

- Aim low. Point the extinguisher at the base of the fire.

- Squeeze the lever slowly and evenly.

- Sweep the nozzle from side-to-side.

For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.

Choose a fire extinguisher that carries the label of

an independent testing laboratory.

Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher trainings.

Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can

make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.

Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape plan and working smoke alarms.

(Source: National Fire Prevention Association)

# What should I drink during winter workouts?

By Col. Joanna Reagan  
U.S. Army Public Health Command

While the temperatures might be heading lower, don't use that as a reason to slow down on your winter health plan. Winter is a great time to join a gym, try a new class or get into a new sport.

Winter is also a time to prevent dehydration. It is important for warrior athletes to remember their sweat rate does not change just because the temperature drops. This is because sweat rate is determined by numerous factors, including fitness level, pace and acclimatization – not just ambient temperature. Warrior athletes are just as likely to become dehydrated during winter workouts as summer workouts.

The message to drink water is easy in the summer, but not so much in the winter. Dehydration can come because people feel less thirsty during winter workouts. Second, some may overdress for cold-weather exercise sessions by wearing too many layers of clothes. Third, athletes may convert to indoor workouts during the winter and sweat more while inside.

One can check for dehydration by checking the color of their urine. If the urine looks like lemonade, this indicates proper hydration. If it is darker and looks like apple juice or pale ale, then more

fluids are needed. In contrast, if the urine looks clear, this can indicate over hydration and drinking too much.

Other symptoms of dehydration may include: drowsiness, headaches, dry skin, dizziness or nausea. Remember, don't rely on thirst as an indicator of hydration status. Usually an individual is already three percent dehydrated when they become thirsty.

So what are the recommendations for healthy drinks?

Water is the best choice, since it's calorie-free, inexpensive and it's easy to find. It is the perfect choice to rehydrate athletes and restore fluids lost during a workout. As a basic guide, an adequate intake of total water from fluids and foods is 12 cups a day for men ages 19 to 30 years old and nine cups a day for women of the same age based on the dietary reference intake.

For most people, about 80 percent of this water volume comes from beverages; the rest comes from food.

Sports beverages are designed to give athletes carbohydrates, electrolytes, and fluid during high-intensity workouts greater than one hour. For other folks, they're just another source of sugar and calories.

If your workout consists of moderate to heavy intensity for 45 to 60 minutes, then a sports drink would be rec-

ommended. Examples would be activities where you have minimal conversation, an increased sweat rate, heavy breathing and a high heart rate.

Try to avoid drinks that have added sugars for flavor such as sugar-sweetened soda, sweet tea or energy drinks. One bottle of regular 16-ounce soda has about 185 calories; one 16-ounce bottle of sweet tea has 200 calories and one 16-ounce energy drink has about 250 calories.

Energy drinks have as much sugar as soft drinks. They contain caffeine to raise your blood pressure, and additives whose long-term health effects are unknown. For these reasons, it's best to skip energy drinks. Over time, the extra calories add to weight gain and increased risk of Type 2 diabetes, heart disease and gout.

For some people who are accustomed to drinking flavored beverages, water can initially taste bland. One recommendation is to increase water consumption without losing flavor or increase daily water intake by trying infused water.

Instead of purchasing expensive flavored waters in the grocery store, infused water can be made at home by adding sliced citrus fruits or zest (lemon, lime, orange, grapefruit), or crushed fresh mint. One could also add sliced



Photo by Debora Cartagena

Choose water during a workout instead of sugar-sweetened beverages. Substituting water for one 20-ounce sugar-sweetened soda will save about 240 calories.

fresh ginger, sliced cucumber or maybe crushed berries for some other ideas. Sparkling water with a splash of juice is another idea to increase fluids.

Other drinks to try in the winter are sugar-free apple cider or sugar-free hot chocolate. Coffee and tea, without added sweeteners, are healthy choices, too. Try carrying a

water bottle throughout the day, to sip at work or at home. Also try eating foods high in water content such as oranges and grapefruit.

Winter is a great time to focus on your health. Remember, it is also a time to drink more fluids to stay hydrated and achieve your performance goals.

3 x 2.35 AD

3 x 2.35 AD



# Internal Revenue Service launches Free File, helps taxpayers with new health care law

By Lea Crusberg  
Internal Revenue Service  
Media Relations

The Internal Revenue Service and the Free File Alliance today announced the launch of Free File, which makes brand-name tax software products and electronic filing available to most taxpayers for free.

Free File software can help taxpayers with tax preparation, including the health care law that will affect almost everyone. People can use Free File software immediately but e-filed returns will not be transmitted to the IRS until Tuesday, January 20, when the filing season officially begins.

Free File is available only at <http://www.irs.gov/FreeFile>, thanks to a partnership between the IRS and the Free File Alliance, a consortium of 14 leading tax software companies that make their branded products available for free. Since 2003, more than 43 million people have used Free File, saving \$1.3 billion based on a conservative \$30 fee estimate.

"You don't have to be an expert on taxes or the new health care law. Free File software can help walk you through the rules and help you get it right," said John A. Koskinen, IRS Commissioner. "For 12 years, this partnership between the IRS and the Free File Alliance has helped taxpayers save both money and time. The real winner in this partnership has been the nation's taxpayers."

Tim Hugo, executive



director of the Free File Alliance, said, "We are proud to once again offer the industry's most innovative and secure tax software at no cost to 70 percent of American taxpayers. Tax time can be stressful, but Free File makes step-by-step help accessible to everyone making \$60,000 or less. The <http://www.irs.gov/FreeFile> website is the one place where taxpayers can choose from a variety of industry-leading tax software options in order to prepare and e-file their federal tax returns at absolutely no cost."

If you earned \$60,000 or less last year, you are eligible to choose from among 14 software products. If you earned more, you are still eligible for Free File Fillable Forms, the electronic version of IRS paper forms. This more basic Free File option, which is best for people comfortable preparing their own tax return, will be available January 20.

More than 70 percent

of all taxpayers – 100 million people – are eligible for the software products. Each of the 14 companies has its own special offers, generally based on age, income or state residency. Taxpayers can review each company offer or they can use a "Help Me" tool that will find the software for which they are eligible.

Free File offers easy-to-use products that ask questions and you supply the answers. The software will find the right forms, find the right tax credits and deductions and even do the math for you.

Some companies also offer free state tax return preparation as well.

Free File also can help taxpayers with the new health care requirements. Almost everyone will need to do something new when filing a tax return this year. For each month in 2014, you and everyone on your return must report health care coverage, or claim an exemption from coverage or make a shared responsi-

bility payment with your tax return.

Most people will simply have to check a box to report health care coverage for the entire year.

If you or anyone on your return purchased coverage from the Health Insurance Marketplace, you may be allowed to take the Premium Tax Credit. If you opted for any advance payments of the Premium Tax Credit to help with your monthly insurance premium payments, you must file a tax return, even if you were not required to file. You must reconcile your advance payments with the amount you were

due. Learn more at <http://www.irs.gov/aca>.

Free File will be available through October 2015. Taxpayers have the option to prepare their return at any time and schedule a tax payment as late as the April 15 deadline. Taxpayers who cannot meet the April 15 tax filing deadline can also use Free File to file a six-month extension.

Here are some common tax-related documents you will need to complete your tax return. Remember, you must also have documentation of any credit or deduction you are claiming as well.

- A copy of last year's

tax return;

- Valid Social Security numbers for yourself, spouse and children;

- All income statements, i.e. W-2 forms, from all employers;

- Interest/dividend statements, i.e. 1099 forms;

- Form 1099-G showing any state refunds;

- Unemployment compensation amount, if any;

- Form 1095-A if you purchased coverage from a Health Insurance Marketplace;

- Proof of health care insurance coverage for you and everyone on your return.

3 x 4.75 AD

# Commentary: Online vigilance helps reduce risk

**By Master Sgt. Sonny Cohrs**  
23rd Wing Public Affairs  
Moody Air Force Base, Ga.

I received at least five emails last week warning me to secure my social media settings and be aware of what I post on Facebook, Twitter and Instagram.

Why? Do you not like to see what I had for dinner last night? Too many #selfies? Are photos of my dog eating a Pop-sicle offensive? (In my defense, he's a really awesome dog.)

No. The warning is because there are potential threats against Americans, including service members and their families, in our homeland. Brutal, violent attacks on innocent civilians have happened here before, and sadly, may happen again.

However, danger doesn't always come in the form of 140 characters on Twitter. The

metadata in your smart phone often includes times, locations and even GPS coordinates – valuable information for our adversaries.

Air Force Instruction 1-1, Air Force Standards, says we are “personally responsible” for what we post online and that “the use of social media and other forms of communication that allow you to communicate with a large number of people brings with it the increased risk of magnifying operational security lapses.”

But what can you do to protect yourself from magnifying these security lapses? Remember your operational security training, always remain vigilant, and, yes, double check your social media settings and practices.

It's also important to become a difficult target. Will “checking in” at your favorite restaurant make you a target for so-called

“lone wolves” supporting the Islamic State of Iraq and the Levant? Possibly. Will posting the dates of your weeklong family vacation make you a target for criminals to break into your house and rob you? That's more likely, so be smart about what you share online.

The Air Force reminds us not to post information about deployment departures, locations and ongoing operations. Additionally, you should always screen your followers and refrain from checking in at places or allowing your friends to tag you at locations. And although it should go without saying, never, ever post personally identifiable information online, such as your address, phone number or birthday.

As advised, I checked my personal security settings on various social media sites and found I have some

housekeeping for my digital identity. Chances are, you do too. Should I delete my social media accounts? Should you? That is a personal decision everyone needs to make, but remember once you post something online there is no taking it back. It's out there for the world to see, regardless of your intended audience.

Personally, I continue to use social media because it is the easiest way to keep up with family and friends across the globe, especially when deployed. I will, however, routinely check my security settings and remember to be smart about what I share. This year, my birthday passed with minimal well-wishes online because I removed it from my profile. That's a small price to pay.

Historically, we learned “loose lips sink ships” as a way to remind ourselves of OPSEC measures. Today, this principle

is even more vital because most people have the internet in their pocket.

Gen. Dwight D. Eisenhower said, “Fundamentally, public opinion wins wars.” In a way, the battle against ISIS takes place in the realm of public opinion. Our adversaries showed how they can effectively leverage social media to instill fear in millions of people when they beheaded Westerners and posted the videos to YouTube.

As a public affairs professional, it is my job to help tell the story of American Airmen and I will continue to do this because I am proud of the accomplishments we achieve each and every day.

It's important for the American people to see us accomplish our duties competently, effectively and proudly – without putting the mission or our wingmen at risk.

## Learning how to safeguard your digital footprint

**By Tech. Sgt. Steve Grever**  
Air Force Public Affairs Agency

Social media is a great resource for military members and their families to share information and stay connected to relatives at home and abroad.

Although many depend on these wonderful tools, recent events have encouraged us to re-evaluate our digital footprint to ensure our personal and professional information is protected from online predators and individuals who want to do us harm.

While social media use can be entertaining and informative, it poses potential operations security weaknesses, and Air Force Instruction 1-1, Air Force Standards, provides guidance on appropriate social media use by military members.

OPSEC and personal privacy concerns should be paramount when using social media. Military members have recently been threatened on social media by terrorist organizations looking for information they can use to harm military families and disrupt Air Force operations.

The following tips will make it more difficult for unwanted users to acquire your data through social media:

Be cautious when accepting friend requests and interacting with people online. You should never accept a friend request from someone you do not know, even if they know a friend of yours.

Don't share information you don't want to become public. Remember, once you put something out there, you can't control where it goes.

Disable location-based social networking, or geotagging, on all social media platforms. Geotagging is the process of adding geographical identification to photographs, video, websites and text messages.

Avoid posting work or personal schedules and travel itineraries, especially deployment information and return dates for yourself, a loved one or a unit.

If you ever hesitate before clicking ‘post’, reconsider the content you are about to share. Our team follows the motto: When in doubt, throw it out!

Adjust your privacy settings to ensure your posts and profile information is secured and seen only by approved audiences. This last tip applies to any social media platforms you may use, but since Facebook is



**Air Force graphic**

While social media use can be entertaining and informative, it poses potential operations security weaknesses, and Air Force Instruction 1-1, Air Force Standards, provides guidance on appropriate social media use by military members.

the most widely used, we want to share this detailed how-to guide on how to secure your profile. Check out <http://airforcelive.dodlive.mil/files/2014/10/FB-privacy-settings-2014.pdf> for more details.

Practicing good OPSEC and helping family members follow these security

measures is essential to protecting personal and mission-critical information on social media. If you ever feel you are being threatened or you notice vulnerable information online, be sure to alert the social media platform's help center and your local OPSEC manager for assistance.



# Social network safety: How to protect your identity online

As a result of recent world events and a continual effort to protect the force, special agents with the U.S. Army Criminal Investigation Command's Computer Crime Investigative Unit are strongly recommending that anyone affiliated with the U.S. military review their social media accounts to make sure they are using the best security settings to protect their online profiles.

Social media platforms such as Facebook, Twitter and LinkedIn are powerful tools that can help bring communities together.

However, an individual's online profile can provide cyber criminals with an endless pool of personal information and potential targets to be exploited. It is vital that individuals stay on the alert and be personally responsible for their online presence to protect themselves, their loved ones and the Army.

With that in mind, CID is providing the following information to help the greater Army community protect themselves online and significantly reduce the chance of becoming a victim of cyber crime.

## THINGS TO KNOW

- The Internet does not forget. Once something is posted on a social networking website it can spread quickly, and no amount of effort can delete it. Do not post anything you would

be embarrassed to see on the evening news.

- You are not anonymous. Cyber criminals have the capability to gather and exploit both individuals and organizations if the information is out there.

- More isn't always better. Participating in multiple social networking sites significantly increases a person's risk, and affords cyber criminal alternate avenues to strike and gather information.

## LEARN HOW TO PROTECT YOURSELF:

- Know the terms on social networking websites. Facebook, Twitter, LinkedIn and other social networking sites frequently change their privacy and user policies. Social networking sites privacy settings default to everyone. This means anyone, can view your profile, not just the people you know. Securely configuring one's account will minimize who can see your information.

- Safe social networking. Never disclose private information when using social networking websites. Be very selective who you invite or accept invitations from as criminals often use false or spoofed profiles to gain access to personal and private information, such as birthdates, marital status, and

photographs. Social media posts that contain personal identifying information, digital photos that contain metadata (i.e., information written into the digital photo file such as who owns it, contact information, location, and internet search terms) can be used against you and your family.

- Click with caution. Always use caution when clicking on links in social networking posts, even from someone you know. Reports of personal social networking accounts being hacked by criminals have increased in recent years. Clicking on a link that appears to be benign in nature may in fact contain embedded malware that can compromise your device. Once compromised, any data on your device can be exploited.

- Hide your profile from search engines. This can be accomplished by going to the social networking site account settings and unchecking the "Public Search Results" box. This will remove your public preview from Google, Bing, and Yahoo search returns.

- Check-out and tag-out. Do not use check-ins or post your specific location on social media. Also, prevent people from "tagging" you in photos and videos.

- Login No No's. Do not use your social networking site to

login to other sites or use the save password, remember me, and keep me logged in options from a public or shared device. Use strong, unique passwords and never use the same password for all online accounts.

- Install/update your anti-virus/firewall software. Antivirus and firewall software is a must for anyone to safely navigate online. Always keep your security software up to date in order to provide the most complete protection from malicious programs as thousands of new viruses are detected every year. Also, ensure your antivirus software program updates automatically and scans your computer on a recurring schedule.

As a service to the U.S. Army and DOD communities, the Computer Crime Investigative Unit has produced comprehensive how-to guides to safely configure an individual's Facebook and Twitter accounts. Configuration guides for other social networking platforms will be available in the near future.

To download the guide, visit <http://www.cid.army.mil/documents/CCIU/2can/SocialNetworkingSafetyTips.pdf> and select the respective guide at the bottom of page one.

Additional information about computer safety and cyber related crimes can be



found on the U.S. Army Criminal Investigation Command's CCIU webpage at <http://www.cid.army.mil/cciu.html>. Simply select the Cyber Crimes Advisories on the left side of the page to review previous cyber crime alert notices and prevention flyers.

CID strongly recommends that military members, civilians and family members who have information of any known crime committed by a Soldier, a crime that occurred on their respective post, camp or station, or is a victim of a crime to contact their local CID office, dial 1-844-ARMY-CID (844-276-9243) or email CID at Army.CID.Crime.Tips@mail.mil.

*(Source: U.S. Army Criminal Investigation Command)*

# President unveils next steps in cybersecurity plan

By Tech. Sgt. Jake Richmond  
DOD News, Defense Media Activity

Continuing an effort to help defend the nation's computer-connected systems, President Barack Obama announced Jan. 13 additional steps that call for more information sharing, modernized law enforcement and updated security data breach reporting.

"Cyber threats pose an enormous challenge for our country," the president said. "As long as I'm president, protecting America's digital infrastructure is going to remain a top national security priority."

Speaking at the National Cybersecurity and Communications Integration Center in Arlington, Virginia, Obama said since much of the nation's criti-

cal infrastructure – financial systems, power grids, pipelines, health care systems – runs on networks connected to the Internet, cybersecurity is a matter of public safety and of public health. He noted that most of that infrastructure is owned and operated by the private sector, but government and non-government entities are "still not always working

as closely together" as they should.

"We're proposing new cybersecurity legislation to promote the greater information sharing we need between the government and private sector," Obama explained. "It includes liability protections for companies that share information on cyber threats. It includes potential safeguards

to ensure that government protects privacy and civil liberties, even as we're doing our job of safeguarding America's critical information networks."

The president also announced the "Summit on Cybersecurity and Consumer Protection," which is scheduled for Feb. 13 at Stanford

# EPA: test your home for radon, protect your health

By Karla Simon  
U.S. Army Public Health Command

January is National Radon Action Month. The Environmental Protection Agency has launched the "Test Your Home, Protect Your Health" campaign to educate the public about how easy it can be to kick radon out before and after a home, school or worksite is built.

The EPA estimates that nearly one out of every 15 homes in the United States has elevated radon levels. Although radon is a naturally occurring gas, it is radioactive. According to the EPA, exposure to radon in the home is responsible for an estimated 20,000 lung cancer deaths in the United States each year. Radon is colorless, odorless and tasteless. This invisible enemy can only be undetected by testing.

There is no known safe level of exposure to radon. What can you do to protect yourself and your family? Test for radon. This is accomplished by measuring the levels of radon gas. It is a relatively easy and



Graphic courtesy of the Environmental Protection Agency

inexpensive process.

Most often, the radon in your home's indoor air can come from two sources, the soil underneath your house or your water supply.

Radon migration through the soil into the lowest level of your home is the main cause of radon problems. However, if you have a private well, consider testing for radon in both air and water. The devices and procedures for testing your home's water supply are different from those used for measuring radon in the air.

Test kits are available at

most hardware stores for about \$20--\$30. Some state programs offer low-cost or free kits.

Those who are not comfortable performing the radon test can find a qualified contractor familiar with radon to do the testing for them.

The amount of radon gas in the air is measured in picocuries (pronounced pee-curries) per liter of air or pCi/L. The EPA has set an "Action Level" for radon gas of 4.0 picocuries. However, the EPA strongly recommends that you take immediate action to fix your home, school or workplace

if the results from the radon test show 4.0 pCi/L or more. Elevated radon levels can cause lung cancer. If your test level shows between 2 and 4 pCi/L, consider making changes to reduce the amount of radon levels.

Here are some steps you can take to prevent and reduce radon levels in your home:

1. The EPA recommends that you test your home every two years or after home renovations to monitor radon levels.
2. If you are building a new home, school or business, ask about radon-resistant

construction.

3. If elevated levels of radon are detected, repair any problems with the foundation. Seal cracks and other openings around pipes and drains.

4. Cover any exposed earthen walls.

5. Paint concrete floors with a sealant.

6. Maintain the heating, ventilation and air conditioning systems in your home. Have them serviced to ensure proper operation.

7. If confirmed high levels are found in the air, have a radon reduction system installed. Consult with a qualified professional to determine the best system dependent on the foundation type: basement, slab-on-grade, or crawlspace.

8. If elevated levels of radon are detected in your water supply, treat the water at the point of entry or at the point of use. It may require that you have a water treatment system installed to remove the radon before it enters the building or right before it comes out of the tap.

## WOMEN from P8

complete their occupational standards by the fall of 2015.

"We're on track and moving toward that goal," Beyler said.

Since rescission of the definition and rule, Beyler said, the DOD has notified Congress of the integration of about 71,000 positions previously closed to women. This development, she said, can positively affect the force by allowing people to serve based on their ability.

"Expanding opportunities to women, to include the 71,000 we've already opened since 2013, gives a wider pool of qualified people so that commanders have greater flexibility," Beyler

said. "And it'll strengthen the all-volunteer force."

More than 280,000 women have been deployed to Iraq and Afghanistan, including Beyler, who's a two-time combat veteran.

"I like to say that women have been serving in combat since the Revolutionary War, but the 280,000 that we've recently seen deployed have contributed in immeasurable ways," Beyler said.

She said there were various ways in which women were restricted from occupations under the direct ground combat rule, primarily preclusion from assignments to combat units below the brigade level.

"But there were other restrictions, such as for physical

requirements or positions associated with special operations or long-range reconnaissance," she added. "We are reviewing all of the occupational standards."

The services, she said, "are expending a good amount of their time on those 100-percent closed occupations."

Historically, the department had opened positions by exception, but it now has acknowledged it would make more sense to "flip the presumption," Beyler said, so that all positions will be open to women unless there's a reason that they should be closed.

Guidance to the services and to U.S. Special Operations Command includes a provision in which a military depart-

ment secretary or service chief can request an exception to policy to keep a position closed, Beyler said.

"But any exception is going to have to be rigorously justified and will have to be based on the knowledge, skills and abilities required to perform the duties of the position," she said.

Regarding assignments, training, and accessions, Beyler said those elements have been and will continue to be service responsibilities.

As defense secretary, Panetta directed each of the services and SOCOM to develop individual implementation plans tailored to their unique requirements, she said.

"As we have with the posi-

tions we've already opened and the ones that we'll continue to open throughout the next year and beyond," Beyler said, "each service will use the regular accession and training assignment pipelines and timelines that they've always used."

The process of opening more military occupations to women is about maintaining the all-volunteer force and readiness, Beyler said.

"More than 90 percent of our occupations are already open to women and 15 percent of our forces are women," she said. "By removing these antiquated gender-based barriers to service, it can only strengthen the all-volunteer force and allow people to serve based on their ability and their qualifications."

**Did you know?**

One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.







### Get Lucky At Monte Carlo Night

Roll the dice at the Fort Sam Houston Golf Club from 6:30-11 p.m. Friday and enjoy a night of gaming, food and the chance to win prizes such as a large flat-screen TV, iPad or tablet, spa gift certificate, Kindle Fire and more. Cost is \$20. There is limited space so reservations are required. This event is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor is implied or intended. Call 222-9386.

### Human Resources Command Holds Three Briefings

Senior leaders from the U.S. Army's Human Resources Command are holding briefing on Joint Base San Antonio-Fort Sam Houston Thursday through Feb. 6. Topics of discussion include evaluation, changes to records briefs and more. For officers, 0-1 through 0-6, Thursday, 1-3 p.m. at the Military & Family Readiness Center, building 2797; for warrant officers, Feb. 6, 9-11 a.m. at Wood Hall at the Army Medical Medical Command; for NCOs, Feb. 6, 9-11 a.m. at the Fort Sam Houston Theater.

### CYBER from P19

University in California. He said the event is intended to help shape public- and private-sector efforts to protect American people and companies from growing threats to consumers and commercial networks.

"Neither government nor the private sector can defend the nation alone," Obama said. "It's going to have to be a shared mission – government and industry working hand-in-hand as partners. And that's why I've said that protecting

### Bowlers Receive Free Games When Purchasing Food

Through February, patrons spending \$7 at the Joint Base San Antonio-Fort Sam Houston Bowling Center Snack Bar can show your receipt at the bowling counter to receive two games free, including rental shoes. This special is valid every Wednesday and Thursday from 4 p.m. to close. For more information, call 221-3683.

### 'The Murder Room' At Harlequin Dinner Theatre

The Harlequin Dinner Theatre starts their 2015 season with "The Murder Room" by Jack Sharkey. This is a fast-paced British farce, with a kooky plot full of ups and down, mistaken identities, hysterical characters, lots of action and witty, clever dialogue. Who is trying to kill who, how and where? It runs through Feb. 28 and is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor is implied or intended. For more information or to make reservations, call 222-9694.

### ID Cards/DEERS Office Move

The ID Cards main office formerly at building 367 has relocated to building 2263, on the first floor of 2484 Stanley Road. Customers are serviced by appointments only, which can be made by visiting <http://www.samhouston.army.mil/hra/idcard.aspx>. Emergencies are handled on a case-by-case basis. For

more information, call 221-0415/2278.

### Army In/Out Processing

All Soldiers and their families arriving and departing Joint Base San Antonio-Fort Sam Houston must report to building 2263, room 100A at 2484 Stanley Road. The office recently relocated from building 367. For info call 221-2076/0146.

### Air Force Comptroller Office Relocation

Finance personnel services for Air Force military and civilian personnel relocated from building 4196 to building 2263, room 300. For more information, call 221-1415.

### Take Aim at Sportsman's Range

Hours for the Sportsman's Range at JBSA-Camp Bullis are 10 a.m. to 2 p.m. Saturday and Sunday, weather permitting. Cost to shoot is \$10 per DOD ID cardholder and \$15 per non-DOD ID cardholder. A DOD ID cardholder can purchase an annual pass for \$60. Cardholders are allowed to sponsor two non-DOD ID cardholder guests. Guests must be in the same vehicle as the sponsor. Call 295-7577.

### Military and Family Life Counselors

Military and Family Life Counselors address a variety of issues such as stress, anxiety and deployment. MFLCs are licensed mental health professionals who provide situ-

ational, problem-solving counseling anonymously and confidentially. No written records are kept and it is free to military and family members. Contact a MFLC at JBSA-Fort Sam Houston at 517-6666 general number, 243-4143 for Army students and 488-6804 for Air Force and Navy students; at JBSA-Lackland, call 540-5025 or 540-5030 for adults, 627-0054 or 540-5033 for children and youths; and at JBSA-Randolph, call 627-1223 or 426-1412 for adults, 627-0338 or 627-0525 for children and youths.

### Spouses' Club of Fort Sam Houston Area

The Spouses' Club of the Fort Sam Houston Area has a variety of events coming up such as monthly luncheons, community outreach and fun activity clubs like Bunko, a book club and bingo. The club is open to all ranks, all military services and Department of Defense civilians. Call 705-4767.

### Loan Locker/Lending Closet

The loan locker provides temporary loans of household items to incoming and departing permanent party personnel, students and those on temporary duty, retirees and civilians assigned to the area. Bring a copy of your orders. There is a 30-day time limit. To utilize the Lending Closet at JBSA-Fort Sam Houston, call 221-1681. The Loan Locker at JBSA-Randolph is open Wednesdays 9 a.m. to 2 p.m., call 652-5321 for details.

enemies and defended by American entities.

Last October, he called for leaders in all kinds of institutions to drive the cultural changes needed to allow new cybersecurity partnerships to thrive.

The president said the federal government needs to continue collaborating on this issue as well.

He said he will be working with Congress to ensure partisan disagreements don't keep the government from fulfilling its most basic responsibilities.

## CHAPEL WORSHIP SCHEDULE

### PROTESTANT SERVICES

#### Sundays

##### Main Post (Gift) Chapel

Building 2200, 2301 Wilson Way  
8 and 11 a.m. - Traditional

##### Dodd Field Chapel

Building 1721, 5584 Dodd Blvd.

8:30 a.m. - Samoan

10:30 a.m. - Gospel

##### Army Medical Department

##### Regimental Chapel

Building 1398, 3545 Garden Ave.

9:20 a.m. - 32nd Medical Brigade

Collective Service

11:01 - Contemporary "Crossroads"

##### Brooke Army Medical

##### Center Chapel

Building 3600,

3551 Roger Brooke Rd.

10 a.m. - Traditional

### CATHOLIC SERVICES

#### Daily Mass

Brooke Army Medical Center Chapel

Building 3600,

3551 Roger Brooke Rd.

11:05 a.m., Monday through Friday

#### Main Post (Gift) Chapel

Building 2200, 2301 Wilson Way

11:30 a.m., Monday through Friday

#### Saturday

##### Main Post (Gift) Chapel

4:45 p.m. - Reconciliation

5:30 p.m. - Evening Mass

#### Sunday

8 a.m. - Morning Mass, AMEDD

8:30 a.m. - Morning Mass, BAMC

9:30 a.m. - Morning Mass, MPC

11:30 a.m. - Morning Mass, BAMC

12:30 p.m. - Morning Mass, DFC

### JEWISH SERVICES

8 p.m. - Jewish Worship,

Friday, MPC

8:30 p.m. - Oneg Shabbat,

Friday, MPC

### ISLAMIC SERVICE

1:15 p.m. - Jummah, Friday, AMEDD

### LATTER DAY SAINTS SERVICES

1 p.m. - LDS Worship, Sunday, AMEDD

### BUDDHIST SERVICES

1 p.m. - Buddhist Services, Sunday, AMEDD

*For worship opportunities of faith groups not listed here, please visit the JBSA-Fort Sam Houston Chaplain's website at <http://www.samhouston.army.mil/chaplain>.*

## FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT CALENDAR

### FRIDAY

Cole Cowboy Breakfast: 7:15-8:15 a.m., open to faculty and seniors only.

Academic Decathlon Regional Competition: 8 a.m., Corpus Christi, Texas.

Boys' soccer vs. Hawkins: 5 p.m., Cole High School, 1900 Winans Road.

Girls' basketball vs. Fox Tech: 5 p.m., Fox Technical High School, 637 North Main Ave.

### SATURDAY

Academic Decathlon Regional Competition: 8 a.m., Corpus Christi, Texas.

Cole's Got Talent: 5 p.m., Cole High School, 1900 Winans Road.

### MONDAY

Fifth-grade Science Club: 3 p.m., Room 32, Fort Sam Houston Elementary School, 4351 Nursery Road.

### TUESDAY

Girls' basketball vs. Randolph: junior varsity, 5 p.m.; varsity, 6 p.m.; Cole High School, 1900 Winans Road.

### WEDNESDAY

UIL District Cross-Examination Debate Competition: 8 a.m. to 5 p.m., Fox Technical High School, 637 North Main Ave.

### THURSDAY

Pre-kinder progress reports go home: Fort Sam Houston Elementary School, 4351 Nursery Road.

our digital infrastructure is a national security priority and a national economic priority."

Even before the internationally reported hack of Sony Pictures, the issue of cybersecurity had gained prominence within the Department of Defense.

In November of last year, Navy Adm. Michael S. Rogers, the commander of U.S. Cyber Command, the director of the National Security Agency, and chief of the Central Security Service, told the Reagan National Defense Forum audience that

network defense isn't an either-or proposition that can be neatly divided into public- and private-sector responsibilities.

"This is the ultimate team sport," he said. "There is no single sector, there is no single element of this population, there is no single element within the government that has the total answer. It will take all of us working together to make this work."

Rogers has used the term "cyber blur" to describe the convoluted way cyber attacks are both perpetrated by

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